



Pan-Fried Greek Potatoes

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



251 kcal

SIDE DISH

Ingredients

- 4 slices bacon chopped
- 4 ounce athenos feta cheese with basil & tomato crumbled
- 0.3 cup green onions sliced
- 2 medium potatoes thinly sliced

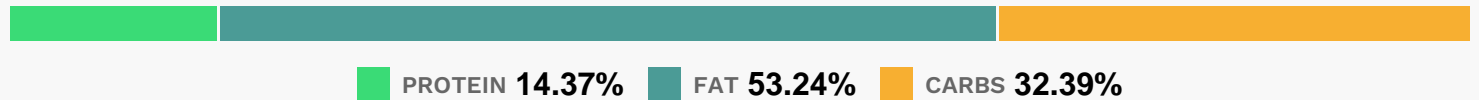
Equipment

- frying pan
- paper towels
- slotted spoon

Directions

- Cook and stir bacon in large nonstick skillet on medium-high heat until bacon is crisp.
- Remove bacon with slotted spoon to paper towel, reserving drippings in skillet.
- Add potatoes to skillet. Reduce heat to medium-low; cook 15 min. or until potatoes are tender, stirring occasionally.
- Add onions; cook and stir 2 min.
- Remove from heat.
- Stir in cheese until well blended.

Nutrition Facts



Properties

Glycemic Index:35.69, Glycemic Load:14.01, Inflammation Score:-4, Nutrition Score:10.986086954241%

Flavonoids

Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 250.87kcal (12.54%), Fat: 14.93g (22.98%), Saturated Fat: 6.73g (42.03%), Carbohydrates: 20.45g (6.82%), Net Carbohydrates: 17.94g (6.52%), Sugar: 0.98g (1.08%), Cholesterol: 39.75mg (13.25%), Sodium: 476.21mg (20.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.07g (18.14%), Vitamin C: 22.16mg (26.86%), Vitamin B6: 0.5mg (24.84%), Phosphorus: 190.24mg (19.02%), Vitamin B2: 0.3mg (17.42%), Calcium: 158.14mg (15.81%), Potassium: 526.75mg (15.05%), Vitamin K: 15.47µg (14.73%), Selenium: 9.03µg (12.9%), Vitamin B1: 0.19mg (12.87%), Vitamin B3: 2.32mg (11.61%), Fiber: 2.51g (10.02%), Vitamin B12: 0.59µg (9.82%), Zinc: 1.41mg (9.4%), Manganese: 0.18mg (9.17%), Magnesium: 33.77mg (8.44%), Folate: 30.11µg (7.53%), Vitamin B5: 0.72mg (7.16%), Copper: 0.14mg (6.93%), Iron: 1.2mg (6.65%), Vitamin A: 192.22IU (3.84%), Vitamin D: 0.2µg (1.34%), Vitamin E: 0.19mg (1.27%)